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Monday, January 14, 2013

News worth sharing.

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Patients may find out about docs' mistakes

Asking for transparency. Health minister says colleges should 'never lose sight that their job is to protect the public'

Ontario's health ministry has given colleges that regulate doctors, dentists and other health-care workers the green light to make public the cautions issued for mistakes or improper behaviour.

A Torstar News Service investigation published Friday revealed patients are being kept in the dark about the warnings issued to health-care workers by the colleges that oversee them.

While the colleges do publicize the results of disciplinary actions, Torstar found that cautions — some of them dealing with very serious issues — are kept secret.

This means that patients have no way of finding out from the colleges if their health-care providers have been cautioned.

More than 2,000 of these secret cautions were issued between 2007 and 2011, according to the investigation.

Zita Astravas, a spokeswoman for Health Minister Deb Matthews, said a top health official met early last week with the Federation of Health Regulatory Colleges of Ontario, after Torstar raised questions over the lack of transparency surrounding mistakes made by health-care professionals.

Astravas said the assistant deputy minister with the health ministry told the colleges at the meeting that "if colleges wanted to make cautions public they can do so without a regulatory change." Astravas stressed, however, that "any changes made either through bylaws or other mechanisms need to be carefully considered."

The ministry says colleges can pass a bylaw allowing cautions to be made public, and do not have to wait for the Regulated Health Professions Act to be amended.

But the 21 colleges argue that the act does not permit them to publish cautions. The colleges stress that cautions are considered remedial and are not findings of professional misconduct. TORSTAR NEWS SERVICE

FEARLESS FOSTER

Actress-director Jodie Foster, winner of the Cecil B. DeMille lifetime achievement award, poses in the press room during the 70th Annual Golden Globe Awards Sunday in Beverly Hills. Foster gave a frank — some said bizarre — acceptance speech, mentioning privacy, her acting career and family, at one point soliciting a "wolf whistle" from her pal Mel Gibson. The reportedly gay actress joked that it was not her "coming out" speech because "I already did my coming out about a 1,000 years ago back in the stone age." More Golden Globes coverage, page 11. KEVIN WINTER/GETTY IMAGES

Another woman raped on bus

Police in India arrest 6 suspects in gang-rape of victim who was travelling to her village PAGE 8

The great condo sidewalk seize

Construction boom in Toronto is blocking our sidewalks and curb lanes PAGE 4

Listen kid — it's kale, get over it

Hiding healthy food in sauces is an example of coddling and this Metro columnist is over it PAGE 14

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Ashley Smith case

Shocking video prompted pep memo to guards

Ashley Smith surrounded by guards at Joliette Institution in 2007. THE CANADIAN PRESS FILE

The commissioner of Correctional Service Canada sought to boost staff morale after the release of surveillance videos showing the drugging and duct-taping of teenage inmate Ashley Smith, documents show.

In an internal memo on Nov. 8, Don Head wrote, "These images are not reflective of the kind of correctional system Canadians expect of us, nor are they reflective of the work that goes on every day in our institutions."

A coroner's inquest into Smith's death starts on Monday. THE CANADIAN PRESS

Foul play suspected

Body found in west end

The homicide squad is investigating after a man's body was discovered on railway tracks in Toronto's west end.
THE CANADIAN PRESS

Pedestrian deaths

Two killed on roadways

Two people died in separate incidents while walking on roadways on Sunday morning in Ontario. Police say Nicholas Holliday, 19, of Casselman, was struck by a pickup on Route 500 near Ottawa. A few hours later, a 49-year-old man was hit by a tractor-trailer on Highway 401 east of Toronto. His name was not released.
THE CANADIAN PRESS

Surf's up, Toronto — the boat show returns for another year

Professional wakeboarder Dustin O'Ferrall takes advantage of the balmy weather on Sunday — and draws attention to the Toronto boat show — by showing off his chops on the waterfront opposite Marilyn Bell Park. The 55th annual Toronto International Boat Show, Canada's largest, runs through Jan. 20 at the Direct Energy Centre at Exhibition Place. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Scarborough medical student killed by train in Bangladesh

Family devastated. Young woman was uneasy about returning to continue her studies, friend says

Jerin Mir had hoped to become a family doctor when she left Scarborough to study medicine in Bangladesh more than a year ago.

Those dreams were tragically cut short on Saturday, when Mir was killed in Dhaka, the Bangladeshi capital.

Her family and friends say the 21-year-old Canadian died of head injuries and that the circumstances surrounding her death are suspicious. A newspaper in Bangladesh is reporting that Mir was struck and killed by a train.

Bangladeshi authorities are investigating.

Munjerin Arabin Jerin Mir, known to family and friends as "Jerin" CONTRIBUTED

A spokesperson for the Department of Foreign Affairs in Ottawa said Canadian consular officials are in contact with local authorities to gather more information.

"My brain is not really working very well," Mir's father, Kaikobad Mir, said on Saturday night, moments before boarding a plane to Bangladesh to attend his daughter's funeral with his wife and other daughter. "This is very difficult for me to take as her father."

A father's plea

"This is our child, but not only my child. This is Canada's child. We have to do everything to protect our children when they go abroad for education or any other purposes."
Kaikobad Mir, Jerin's father

Mir was born in Toronto and, according to her father, was an extremely studious girl during high school at Lester B. Pearson Collegiate Institute.

"She was a very quiet and very intelligent girl," he said. "She never drank and never got into trouble. She was very submissive."

Mir moved to Bangladesh to study at Uttara Women's Medical College and Hospital. She was in her second year, but family friend Jakaria Khan said she was uneasy about going back to continue her studies this past fall. She changed her mind when the school principal called her and urged her to return.

"For some reason, she was not feeling comfortable," Kahn said.

"She was so polite and so sweet," said family friend Alam Moral. "I couldn't stop crying when I heard the news. That sweet girl was always smiling."

"She was just a kid," Khan said. "Everybody's still shocked."
TORSTAR NEWS SERVICE

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Construction causing chaos

Growing pains.
Politicians seek solutions to dozens of disruptive months-long lane, sidewalk closures

Scenes such as this one have become common downtown as pedestrians often find their path blocked by construction hoarding. TORSTAR NEWS SERVICE

The current building boom has created a checkerboard of downtown curb lane and sidewalk closures.

Some three dozen construction sites, mostly condo towers, are ringed with hoarding that extends over the sidewalk and curb lane, many on major streets including Yonge and Adelaide.

At the 1 Bloor E. tower under construction, northbound Yonge Street traffic backs up to the south during afternoon rush hour because the curb lane was closed last month — and will remain so until mid-2014.

Farther south, construction on the Ryerson student learning centre has closed the sidewalk and curb lane of Yonge at Gould Street, until the end of May 2014.

At 21 Avenue Rd., conversion of the former Four Seasons Hotel to a condo required closing the sidewalk and curb lane last month — again, continuing until the end of 2014.

"Drivers do get fed up waiting," said Briar de Lange, executive director of the Bloor-Yorkville business improvement area. "It's all over downtown, and it does have an impact on drivers."

It affects business, too.

"Pedestrians cross the street, which means businesses located next to the construction will see a drop in customer traffic," said Coun. Kristyn Wong-Tam (Ward 27, Toronto Centre-Rosedale).

"We have to try to build a walkable city," Wong-Tam said. "We just have to do it. Otherwise, it's unsafe for seniors, mothers pushing strollers, people carrying heavy groceries, or requiring mobility devices."

Wong-Tam is pushing for improved methods of handling construction, as is Coun. Adam Vaughan, who represents the development-heavy Ward 20, Trinity-Spadina.

And they have the ear of Coun. Denzil Minnan-Wong, chair of council's public works and infrastructure committee, who promises the issue will be studied.

"The city is a victim of its own success," Minnan-Wong said. "We have more buildings popping up than most cities in North America, and that's a good thing.

"But the collateral damage is you have lanes being taken out. It's a problem crying out for a solution."

Hoardings by definition are not objects of beauty, but Wong-Tam said they don't need to look quite so ugly or neglected as they often do.

"I want mural artwork, I want 24-hour hotline numbers people can call, I want it lighted, I want it to look better," she said. "The industry needs to do better; they need to step up their game and treat our streets with far more respect than they currently do."

The industry is willing to talk, said Steve Upton, incoming chair of BILD, the industry association, and vice-president of development at Tridel.

Upton said city planners had favoured projects that were built right out to the sidewalk, but now are leaning toward having the structure set back from the sidewalk somewhat to create a larger pedestrian way.

"A lot of people like to have space for patios," Upton said. "It creates more of a dynamic public realm."

TORSTAR NEWS SERVICE

Quoted

"You've even got developers stepping on other developers' toes at this point. We have a substantial number of lane closures now, and more coming. It's getting more and more restricted. We need to figure this out." Coun. Adam Vaughan

Ways to ease the pain

Politicians are already tossing out ideas. Among them:

- Create a financial incentive to shorten the disruption by charging fees that grow steeper the longer the closure.
- Make developers file their construction staging plans up front, before the project is approved. The politicians say that once developers have building permits in hand, it's hard to bring them to the table.
- Require developers to move hoarding off the street and onto their sites as quickly as possible. In condo projects, the underground parking area is excavated from lot line to lot line, meaning developers must use part of the roadway.
- Put construction trailers on top of the hoarding so they don't take up precious space on the ground. This is done in New York City and has been done on some Toronto projects, with 300 Front St. West being an example.
- Find an off-street spot to store materials and equipment.
- Make hoarding look better.

Torontonians not fazed by no pants day

Toronto subway riders take part in the 12th Annual No Pants Subway Ride on Sunday. Cities around the world organized similar rides. Toronto participants gathered at Yonge and Dundas and took to the trains just after 3 p.m. TORSTAR NEWS SERVICE

Ikea monkey abused by owner, sanctuary claims

The battle over a Japanese macaque known as the Ikea monkey is heating up, with a primate sanctuary alleging his owners strangled the animal, hit him with a wooden spoon and planned to have his teeth removed.

But a lawyer representing the woman who is trying to get her pet back dismisses the claims, saying they're an attempt to discredit his client.

Anything can be claimed in such court documents, "no matter how ridiculous or untrue," Ted Charney said in a statement.

The monkey named Darwin has resided at Story Book Farm Primate Sanctuary in Sunderland, Ont., since he was found in December wandering in the parking lot of the North York Ikea, wearing a little shearling coat.

The sanctuary is trying to block efforts by Yasmin Nakhuda, Darwin's owner, to get him back, and it's now alleging in court documents filed Friday in Ontario Superior Court in Oshawa, that she abused him.

Darwin, at Story Book Farm. TORSTAR NEWS SERVICE

Nakhuda has said that a breeder gave Darwin to her as a gift in July, though she hasn't identified the breeder publicly or in the court proceedings. But the sanctuary alleges Nakhuda, a real estate lawyer, was introduced to an illegal exotic animal dealer by a client.

Nakhuda tried to return Darwin after a few days and balked at the $10,000 price tag, but she decided to pay and to keep Darwin after the dealer showed her how to abuse the monkey so he behaved, the sanctuary alleges.

The whole family, including Nakhuda's husband and her 11-year-old and 16-year-old sons, have abused Darwin since then, the sanctuary alleges.

They have strangled Darwin, hit him in the head and face, used a wooden spoon to hit him, forced him to live in a small dog crate, failed to change his diaper for up to three days and failed to comply with standards of care for captive primates, the sanctuary alleges. TORSTAR NEWS SERVICE

Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of Web feed formats used to gather updates from blogs, news, audio and video.

Aaron Swartz THE ASSOCIATED PRESS FILE

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. THE ASSOCIATED PRESS

Police dog takes a licking, keeps on sniffing

Vancouver police dog Teak peeks out of a VPD vehicle after his release from an animal clinic Sunday morning. The German shepherd is recovering after being slashed in the pursuit of a robbery suspect in Vancouver on Friday. Teak, who will be eight years old in March, received 30 stitches to close up the 10-inch wound he sustained from the incident. PHYLICIA TORREVILLAS/METRO IN VANCOUVER

Attawapiskat

Mulcair seeks end to hunger strike

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call upon Chief Spence to realize that there has been a step in the right direction, to try to see now if we can keep putting pressure on the government to follow through," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving, so I think that the best thing to do would be to step back from that."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room. THE CANADIAN PRESS

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Public Meeting

Whether you drive a car, use public transit, cycle or walk… this invitation is for you.

We're hosting a Big Conversation about our plan to get the region moving. It's your opportunity to learn more about The Big Move — Metrolinx's plan to improve transportation throughout the Greater Toronto and Hamilton Area.

Together we'll discuss the current and future transportation projects that will change how you get around your community and the region.

Learn more. Visit Bigmove.ca/roundtable

Please join us at one of these Public Roundtable meetings to learn more about Metrolinx's plan to improve transportation in the region.

1. Pick a date. **2. Mark your calendar.** **3. Plan your trip.**

Oakville

Tuesday, Jan. 15, 6pm - 8pm
Halton Regional Centre,
1151 Bronte Road,
Oakville, ON L6M 3L1

Newmarket

Saturday, Jan. 19, 1pm - 3pm
Newmarket Community Centre,
Hall 1, 200 Doug Duncan Drive,
Newmarket, ON L3Y 3Z2

Mississauga

Tuesday, Jan. 22, 6pm - 8pm
Erin Meadows
Community Centre,
2800 Erin Centre Boulevard,
Mississauga, ON L5M 6R5

Georgetown

Saturday, Jan. 26, 2pm - 4pm
Gellert Community Centre,
Kinsmen Hall,
10241 Eighth Line, Halton Hills
(Georgetown), ON L7G 4S5

Ajax

Tuesday, Jan. 29, 6pm - 8pm
Ajax Community Centre,
HMS Ajax Room S
75 Centennial Road,
Ajax, ON L1S 4S4

Oshawa

Thursday, Feb. 7, 6pm - 8pm
Jubilee Pavilion Banquet and
Conference Centre,
55 Lakeview Park Avenue,
Oshawa, ON L1J 7Z9

Brampton

Saturday, Feb. 2, 1pm - 3pm
Flower City Seniors Centre
Lawn Bowling Club,
8870 McLaughlin Road,
Brampton, ON L6Y 5T1

Richmond Hill

Tuesday, Feb. 19, 6pm - 8pm
Richmond Hill Centre for the
Performing Arts - Plaza Suite
10268 Yonge Street,
Richmond Hill, ON L4C 3B7

North York

Tuesday, Feb. 5, 6pm - 8pm
North York Central Library
5120 Yonge Street,
Toronto, ON M5N 5N9

Toronto

Saturday, Feb. 9, 6pm - 8pm
Metro Hall, 55 John Street,
Toronto, M5V 3C6

Dundas

Saturday, Feb. 16, 1pm - 3pm
Dundas Town Hall,
60 Main Street,
Dundas, ON L9H 2P8

Hamilton

Tuesday, Feb. 12, 6pm - 8pm
Hamilton Art Gallery,
123 King Street West,
Hamilton, ON L8P 4S8

Pour plus de renseignements, veuillez visiter le site bigmove.ca/roundtable

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Political prisoners.
Georgian parliament frees 190 under amnesty

Nearly 200 people considered political prisoners by Georgia's new parliament walked free Sunday under an amnesty strongly opposed by President Mikhail Saakashvili.

Many of the 190 prisoners had been arrested during anti-Saakashvili protests in May 2011, while others had been convicted of trying to overthrow the government or of spying for Russia. Relations with Moscow were cut off after Russia and Georgia fought a brief war in 2008.

"This was a great shame on the country, when Saakashvili had personal convicts," said the head of parliament's human rights committee, Eka Beselia, who greeted 70 prisoners released from Gldani Prison No. 8 in Tbilisi, the capital. More than 3,000 other prisoners who had their sentences reduced under the amnesty will be freed in the next two months. THE ASSOCIATED PRESS

Control

President Mikhail Saakashvili's party, which dominated Georgian politics for nine years, lost control over parliament in an October election.

Mali fighting

U.S. providing help, France says

France's foreign minister said Sunday that the United States is providing communications and transport help for an international military intervention aimed at wresting Mali's north out of the hands of Islamist extremists.

Laurent Fabius said the three-day-old, French-led military operation has succeeded in halting the extremists' advance, which had prompted the intervention. Some 400 French troops have been deployed to Mali. THE ASSOCIATED PRESS

Marchers protest Russia's ban on American adoptions

A man holds a toy inside a glass jar with a sticker reading "I'm against Putin", during a rally in St. Petersburg, Russia, Sunday to protest Russia's new law banning Americans from adopting Russian children.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

Critics' view. Putin accused of stoking anti-American sentiments to solidify support among working-class Russians

Up to 20,000 people marched through Moscow on a frigid, grey afternoon Sunday to protest Russia's new law banning Americans from adopting Russian children, a far bigger number than expected.

Protesters carried posters of President Vladimir Putin and members of Russia's parliament who overwhelmingly voted for the law last month.

Russia's adoption ban was retaliation for a new U.S. law targeting Russians accused of human rights abuses. It also addresses long-brewing resentment in Russia over the 60,000 Russian children who have been adopted by Americans in the past two decades, 19 of whom have died.

Protests against the adoption ban were held Sunday in a number of other Russian cities, but in most places only a few dozen people took part. In St. Petersburg, about 1,000 people turned out.

Just ahead of the weekend demonstration, Putin's spokesman sought to ease anger over the adoption ban by announcing that some of the dozens of adoptions already under way could go forward, allowing children who have already bonded with American adoptive parents to leave the country.

UNICEF estimates there are about 740,000 children not in parental custody in Russia, while about 18,000 Russians are on the waiting list to adopt a child. Since the ban was passed, Russian leaders have been encouraging Russians to adopt more children. THE ASSOCIATED PRESS

Quoted

"Yes, there are cases when (adopted children) are abused and killed, but they are rare."

Sergei Udaltsov, head of a leftist opposition group in Russia.

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6 men arrested in India after another gang rape

Friday night attack. 29-year-old woman was travelling to her village in northern Punjab state when driver took her to a desolate location: Cops

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a moving bus in the capital outraged Indians and led to calls for tougher rape laws.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they were joined by five friends and took turns raping her throughout the night, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six men admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison after serving nine years for raping and murdering a girl in 2003, PTI reported Sunday.

THE ASSOCIATED PRESS

Gender injustice

"It's a very deep malaise. This aspect of gender justice hasn't been dealt with in our nation-building task."

Seema Mustafa, a writer on social issues who heads the Center for Policy Analysis think-tank.

French protesters don't want gays to marry

Thousands of protesters mobilized Sunday against the French president's plan to legalize gay marriage, streaming into Paris by bus, car and specially reserved high-speed train. Legalizing gay marriage would allow same-sex couples to adopt and conceive children. President Francois Hollande's plan has underscored divisions among the secular-but-Catholic French, especially more traditional rural areas versus urban enclaves. LORI HINNANT/THE ASSOCIATED PRESS

Life sentence overturned

Mubarak gets another chance

A Cairo appeals court on Sunday overturned Hosni Mubarak's life sentence and ordered a retrial of the former Egyptian president for failing to prevent the killing of hundreds of protesters during the 2011 uprising. THE ASSOCIATED PRESS

Canadian on death row

Parole board under fire in Montana

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals. The review could result in limitations on the board's powers. THE ASSOCIATED PRESS

Assault weapons ban

NRA says it has friends in Congress

The National Rifle Association says it has enough support in Congress to block a law that would ban assault weapons, despite promises from the White House and Democratic lawmakers to make such a measure a reality. THE ASSOCIATED PRESS

Nortel verdict will send message, observer says

Monday ruling. Former executives, accused of cooking books, each face up to 10 years in prison

Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, file photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. THE CANADIAN PRESS FILE

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger $12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead prosecutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when signing off on financial statements. THE CANADIAN PRESS

By the numbers

$9B

The verdict will come on the same day that mediation talks on the distribution of nearly $9 billion in assets from the now-bankrupt Nortel begin in Toronto. The weeklong proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

Fired up over Spain's health-care sell-off

Protesters shout slogans during a demonstration against plans to restructure and partly privatize the health-care sector in Madrid on Sunday. Madrid's regional government proposes selling off the management of six of 20 large public hospitals and 27 of 268 health centres. Spain's regions are struggling with a combined debt of about $190 billion US as the national economy contracts into a double-dip recession triggered by a 2008 real-estate crash. ANDRES KUDACKI/THE ASSOCIATED PRESS

U.S. debt-limit crisis

Treasury rules out minting $1-trillion coin

The U.S. government won't be minting a $1-trillion US platinum coin as a way to solve its debt-limit crisis.

Treasury Department spokesman Anthony Coley said Saturday that neither his department nor the Federal Reserve believes the law can or should be used to produce such a coin to avoid a coming battle with Congress over government borrowing.

Some of U.S. President Barack Obama's liberal allies have been promoting the coin strategy. THE ASSOCIATED PRESS

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45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$95	$67
55	$26	$16	$53	$37	$80	$56	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
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GTA DESERVES BETTER THAN 'HAIL MARY' ON TRANSIT PLANNING

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

Here's the good news. At long last, it seems that most of the GTA's political leaders, activists and advocates agree that the region is in desperate need of billions of dollars in infrastructure spending. Without fresh investment in subways, GO trains, light rail and roadways, soul-sucking congestion will seriously hamper economic competitiveness.

Here's the bad news. Very few people — especially politicians — want to really talk about how to pay for it.

They prefer to cling to faint hopes and vague policy directions. Call it the Hail Mary transit strategy. Instead of looking to proven ways for raising cash, too many prefer to just shut their eyes and toss the ball way down the field.

Only G8 country without one

A national transit strategy has always been a sensible idea. Canada is the only G8 country without one. Given the importance of thriving cities to our country's GDP, it's downright criminal that the federal government invests so little revenue in infrastructure.

Take the gaggle of candidates currently in the running for the provincial Liberal leadership spot. A policy scan of these could-be premiers reveals a distinct lack of detail in most of their transportation plans. There's some talk of shuffling around governance models and amalgamating transit agencies, but little about how any of that will lead to, you know, real transit service with trains and stuff.

Then there's the other great hope: the national transit strategy. It's an idea that's been swirling around for decades, and makes an appearance in several of the leading Liberal candidate platforms.

A national transit strategy has always been a sensible idea. Canada is the only G8 country without one. Given the importance of thriving cities to our country's GDP, it's downright criminal that the federal government invests so little revenue in infrastructure. There's nothing wrong with calling for more cash from Ottawa.

But it's also, at least for the moment, an idea with virtually zero chance of getting off the ground. How many times must Prime Minister Stephen Harper shut the door in our collective face before we get the point? Unless we opt for hosting something like the Olympic Games, Harper is not going to come riding through with big bags of money for cities.

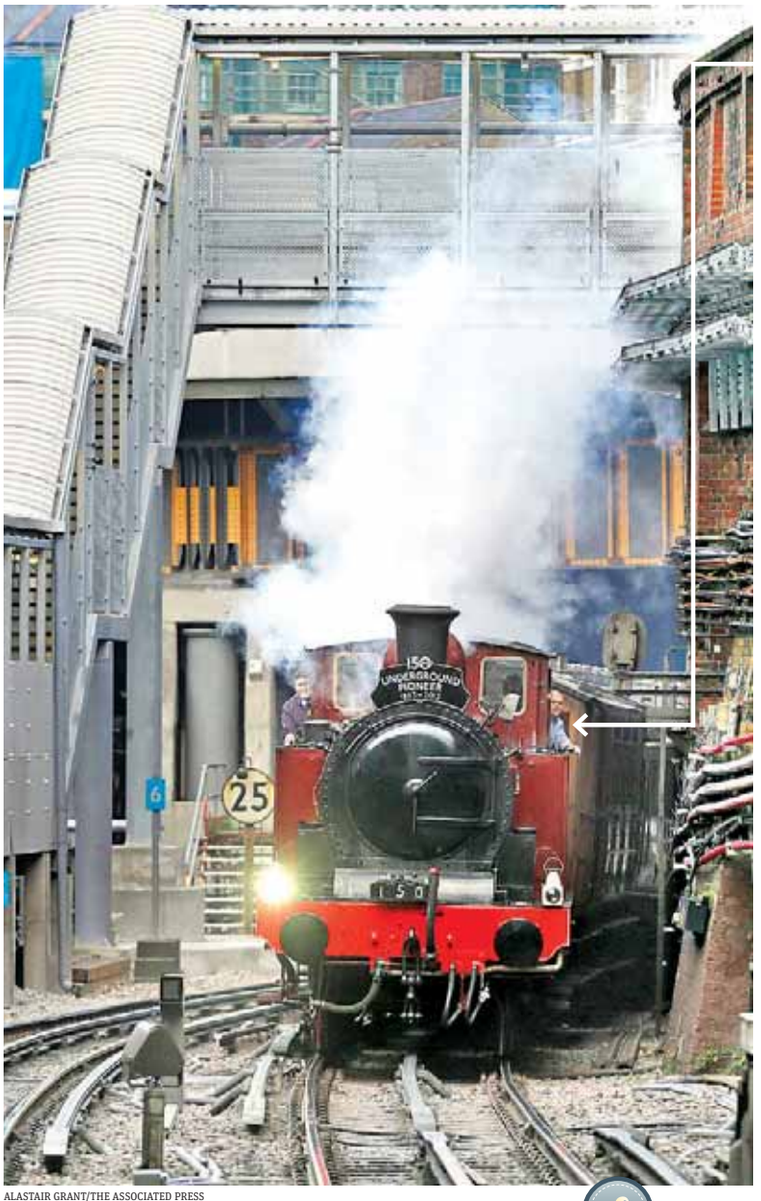
There's no harm, of course, in keeping hope alive and continuing to push for a national strategy as part of the GTA's long-term transportation vision. But it can't be the lynchpin to that vision. The congestion crisis is real enough that we need an actionable plan that doesn't involve waiting around for other levels of government to see the light at the end of the subway tunnel.

And that actionable plan isn't hard to put together. But it does involve standing up and acknowledging that the GTA needs things like a sales tax or road tolls.

And, sure, that can be unpopular, but I don't see any real alternatives. The Hail Mary strategy of shuffling around agencies, commissioning endless studies or waiting for other money to materialize is nowhere near good enough. Someone's got to run the ball.

A man scratches his head as he walks between TTC streetcars in this file photo. It's time for Harper to get on board with a national transit strategy.
ADRIAN WYLD/THE CANADIAN PRESS

Anniversary picks up steam



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London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west to Moorgate station in London on Sunday.

The trip was part of celebrations for the 150th anniversary of the London Underground Tube system. The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to an unusual sight. Hundreds of train fans, costume-wearing enthusiasts and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

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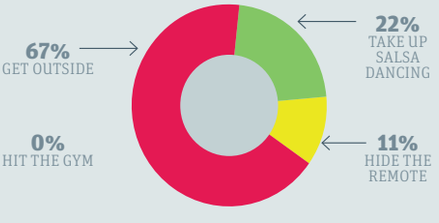
Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your plan for getting in shape in 2013?



Twitter

@marcjuliar:
If you're in Toronto today and you don't go outdoors you automatically forfeit your weather complaint privileges for 3 weeks.

@WondaWoman_:
Who loses to the bucks? Raptors do. That's who. :(

@itsbasim:
I hate the Falcons not cause they won today but Matt Ryan and Romo are now tied for playoff wins

@StephenGreco:
Seattle just cost me my playoff pool. Come on guys! You had that one!

@justinmanafo:
Ready to go! Nothing takes your mind off being sick like a @patriots playoff game

@RplussA:
I'm too intrigued by these commercials during the NFL playoff games lol #iusuallyhatecommercials

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Tina Fey and Amy Poehler took over from the controversial Ricky Gervais as the hosts of the Golden Globe Awards. GETTY IMAGES

Fey-ry funny stuff, gals

Awards. Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home

NED EHRBAR
Metro World News in Hollywood

All of Hollywood was focused on the 70th Annual Golden Globe Awards Sunday night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton.

This year's new co-hosts, Tina Fey and Amy Poehler, drew early raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler, who was up against Fey for best actress in a television comedy.

The Hollywood Foreign Press had some clear favourites, like Django Unchained, which won for best screenplay for Quentin Tarantino and best supporting actor for Christoph Waltz, who beat out co-star Leonardo DiCaprio as well as Lincoln scene-stealer Tommy Lee Jones, who is considered the Oscar front-runner in the category.

Jennifer Lawrence and Anne Hathaway improved their Oscar chances, winning best actress and best supporting actress in a musical or comedy.

Canadian composer Mychael Danna picked up the best score award for Life of Pi.

"I felt very, very blessed, even before this, and I speak for the whole cast and crew, to be part of the whole Life of Pi experience," he said. "Beautiful, special film. A film of a lifetime."

Danna spent nearly a year working on the score for Life of Pi, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger. The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto." Also in the music category, Adele received her first Golden Globe for best song for Skyfall.

On the TV side of things, most awards mirrored the Emmys. Homeland stars Damien Lewis and Claire Danes earned the trophy for Best Actor and Actress in a TV Drama. Homeland also won for Best TV Drama. HBO's Game Change, about Sarah Palin, won big, taking home Best TV Movie, Best Supporting Actor for Ed Harris and Best Actress for Julianne Moore's depiction of Palin. One shocker was Don Cheadle's win for Best Actor in a Comedy for House of Lies, beating out Jim Parsons, Alec Baldwin, Louis C.K. and previous winner Matt LeBlanc.

WITH FILES FROM THE CANADIAN PRESS

Best of the barbs

"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."

Tina Fey pays Anne Hathaway a backhanded compliment for her role in Les Misérables

Exclusively online

Visit metronews.ca for complete coverage of Sunday's Golden Globe awards, a photo gallery and full list of winners.

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On the Road, starring, from left, Sam Riley and Garrett Hedlund, arrives in theatres on Friday. HANDOUT

Walking down the Road with Hedlund

A revealing role. Garrett Hedlund talks about nudity, literary pressure and who would win in an Allen Ginsberg fight

NED EHRBAR
Metro World News

Upon my entering the room, Garrett Hedlund asks, "What time is it?" I counter by asking if he really wants to know. "Nah, doesn't matter," he replies with a shrug. Such is the life of promoting a film. And in the spirit of his latest, the screen adaptation of Jack Kerouac's Beat Generation classic On the Road, Hedlund is trying distinctly to go with the flow.

This is quite a revealing role for you. How do you tackle on-screen nudity?
Another day, another buck (laughs). No, it's fine. It's paying homage to the characters that you read about in the book. You can't let your fears and ambitions get in the way of showing the true version of what you read and what intrigued you in the first place.

Is there added pressure in taking on important literary material?
My most honest explanation is it's more self-imposed pressure than anything if you respect these people as much as you feel like you do. I respected the book so much and I admired Neal Cassady/Dean Moriarty so much in the way he approached life, so I had more pressure within myself to push myself to go there and live life in that manner and experience it to the fullest, to be able to not seem like you're acting every day. It was like this chunk of time was our opportunity to be as crazy as you want to be or be as wild or free as we wanted to be. It's like, you only get one shot. Do not miss your chance (laughs). Don't quote the Eminem part, please.

Your co-star Tom Sturridge isn't the only young actor to take on playing Allen Ginsberg. James Franco did it recently in Howl, and Daniel Radcliffe plays him next year in Kill Your Darlings. Which Ginsberg do you think would win in a fight?
Tom's dirty, man. Just watch him dance. He will be unpredictable when it comes to a square-off. He's got these moves. If you'd seen the scenes in the alleyway where he jumps on my back like a monkey, you don't know what somebody could do to you in that situation. If they had a pencil, you could be jugular-ized (laughs).

Do you worry about stuff like that when you're hanging out with Tom?
No, no. I think... Tom's so great, let's go with Tom.

Quoted

"If you'd seen the scenes in the alleyway where he (Tom) jumps on my back like a monkey, you don't know what somebody could do to you in that situation."

Garrett Hedlund
On who would win in a fight — James Franco, Daniel Radcliffe or Tom Sturridge?

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jackass alum killing it with his new reality show

THE WORD
Mark Breslin
scene@metronews.ca

Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p,m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances. We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?
I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?
When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears
Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is not even happening?
That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?
Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but

Kobe Bryant gets back with wife

L.A. Lakers star Kobe Bryant and his wife, Vanessa, are not splitting up after all.

"We are pleased to announce that we have reconciled. Our divorce action will be dismissed. We are looking forward to our future together," Vanessa announced via her Instagram account.

The couple filed for divorce in 2011.

Kobe Bryant.

Twitter

@oliviawilde
Thanks for all the sweet congratulatory love, friends! And may I compliment your savvy use of that nifty engagement ring emoticon.

@ABFoundation
You could go out on the street right now and 3 of the first 5 people you meet could do a better job than your current rep in Congress...

@ralphmacchio
Finally gave up my BB - kept crashing. Now the realization - I suck at touch screen. This tweet took 8 mins to generate. #iphoneneophyte.

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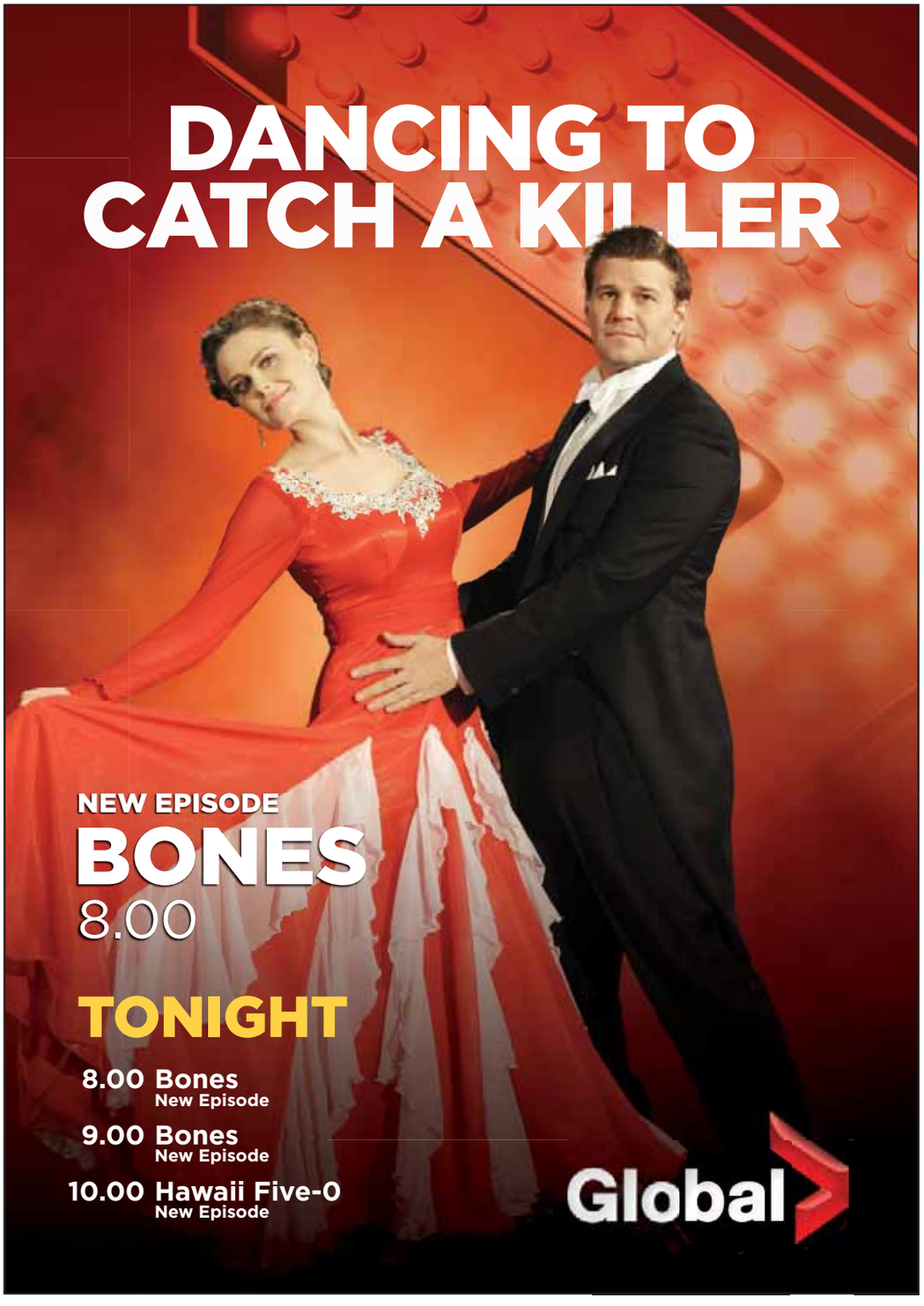

Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?
Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?
On cloudy days, some of the damaging rays of the sun go right through the clouds.

(Using sunscreen) should just become a part of someone's daily skin-care routine.
MEREDITH ENGEL, MWN

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- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Parenting fads set to rule the playground in 2013

Yearly predictions.
Each year, parents jump on new trends, and many of them are just plain annoying

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in. Here are some fads I'd like to see disappear.

Trophies for all

We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all. Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal. They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning up. Think of the money, gold coloured plastic, and particleboard that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times. End the madness.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom. Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached. Then there's the mom who brings in (more!) snacks to the class on her child's birthday. Let's lower that bar (and cost and calorie count) a bit, OK?

Food deception

This continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes. Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home. One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation. It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

One trend sees all kids getting trophies just for showing up. ISTOCK

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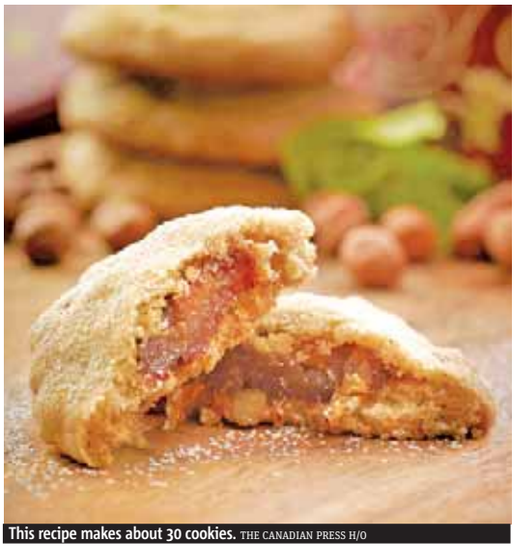
Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.



This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

1. Orange Date Filling: In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

2. In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

3. In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

4. Place a level 15-ml (1 tbsp) measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment paper-lined baking sheet and repeat with remaining dough and filling.

5. Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool slightly before serving.

THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES

Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract

Orange Date Filling

- 250 ml (1 cup) pitted Medjool dates, chopped
- 2 ml (1/2 tsp) grated orange rind
- 125 ml (1/2 cup) orange juice
- 125 ml (1/2 cup) flaked hazelnuts (filberts)
- 2 ml (1/2 tsp) pure vanilla extract

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THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making $10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

Success is in the smiles

"I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job."
Joy Hu

I knew I was on my way when ...

I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments but now I have 20 racks in my showroom. My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job.

Action Plan:

Listen to your customer

There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.

When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

Social media is a powerful marketing tool

We don't have Facebook in China, so when I came to Canada I learned about social media. I have built my whole business based on Facebook — it's incredible. For the 21st century, online marketing is very important.

Watch your bottom line closely

In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.

Brown bag your way to healthier, wealthier life

What Are You Doing for Lunch? New book will make you rethink how you approach your mid-day meal

Tightening purse strings and eating healthily are on the minds of many now that the holidays are over. Toting your lunch to work or school is a way to achieve both of those goals.

By taking a few minutes to do some preparation, you can create an entire week's worth of healthy lunches for the same price as eating in a restaurant just once, says Mona Meighan, author of What Are You Doing for Lunch? A Friendly Guide to Brown Bagging as a Better Way to Lunch. Plus you will know exactly what you're eating and have more control over quality, quantity, calories, fat, salt and sugar. The inspiration for Meighan's book arose from a personal tragedy. Her 26-year-old son Luke died suddenly in 2009.

"When my son passed away from undiagnosed diabetes, as an educator I really felt like I wanted to do something," she said in an interview from Edmonds, Wash., just north of Seattle. "And the something was to write a book that was easy to read, that was short, that was inexpensive and would help people understand that food is very important, no matter how old you are, to your health.

Quoted

"Your body starts realizing, 'I really like this, it's a good thing for me.' Bringing your lunch and eating your lunch regularly, your body likes it."

Author Mona Meighan
On the importance of a healthy lunch.

My son had a normal diabetes reading two years before, and there was no diabetes in the family."

She writes in the foreword that Luke "was not known for his love of healthy food, but he did love to eat." His choices were mainly pizza, fast food, pop and sweet desserts. She decided to focus on lunch, a meal often sacrificed due to lack of time. In the book, Meighan shares more than 70 recipes using fresh, healthy ingredients that can be prepared in less than 20 minutes, though many can be made in far less time. Desserts have been omitted.

She provides projections of how much can be saved in a month and in a year, nutrition facts and a sample menu of lunches to get started.

If you're a person who buys lunch every day, the transition to brown-bagging may seem daunting. Treat it as you would an exercise program and start slow, making small changes consistently. Make your lunch a couple of days a week, for starters, then increase it. After about 30 days, it will become a habit.

"Your body starts realizing, 'I like this, it's a good thing for me.' Bringing your lunch and eating your lunch regularly, your body likes it. It's a healthy thing to do," says Meighan. As an educational consultant and former college professor, she's accustomed to looking at students' learning styles and extrapolated her experience into identifying personal lunch styles. She devised a quiz to help readers figure out which style suits them and has recipes devoted to each category.

For example, some people will spend 15 to 20 minutes the night before or morning of the workday to prepare a familiar lunch, like a ham and cheese sandwich. These are traditionalists. Others just grab a container of food — perhaps something put together over the weekend, or last night's leftovers — and hit the road. Meighan calls this the grab-and-go style.

There's also the creative lunch maker, someone who's not afraid to experiment with some variations or new recipes

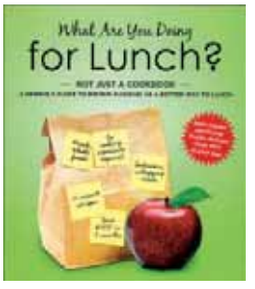
Meighan's style is grab and go, while her partner is a traditionalist. He will make the same thing every single day for lunch. "I tried to figure out what are these things that people make all the time and I added some recipes that were just a little bit different."

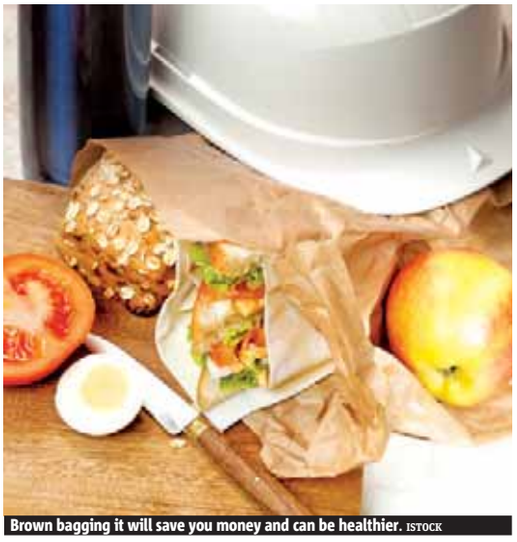
Making a difference

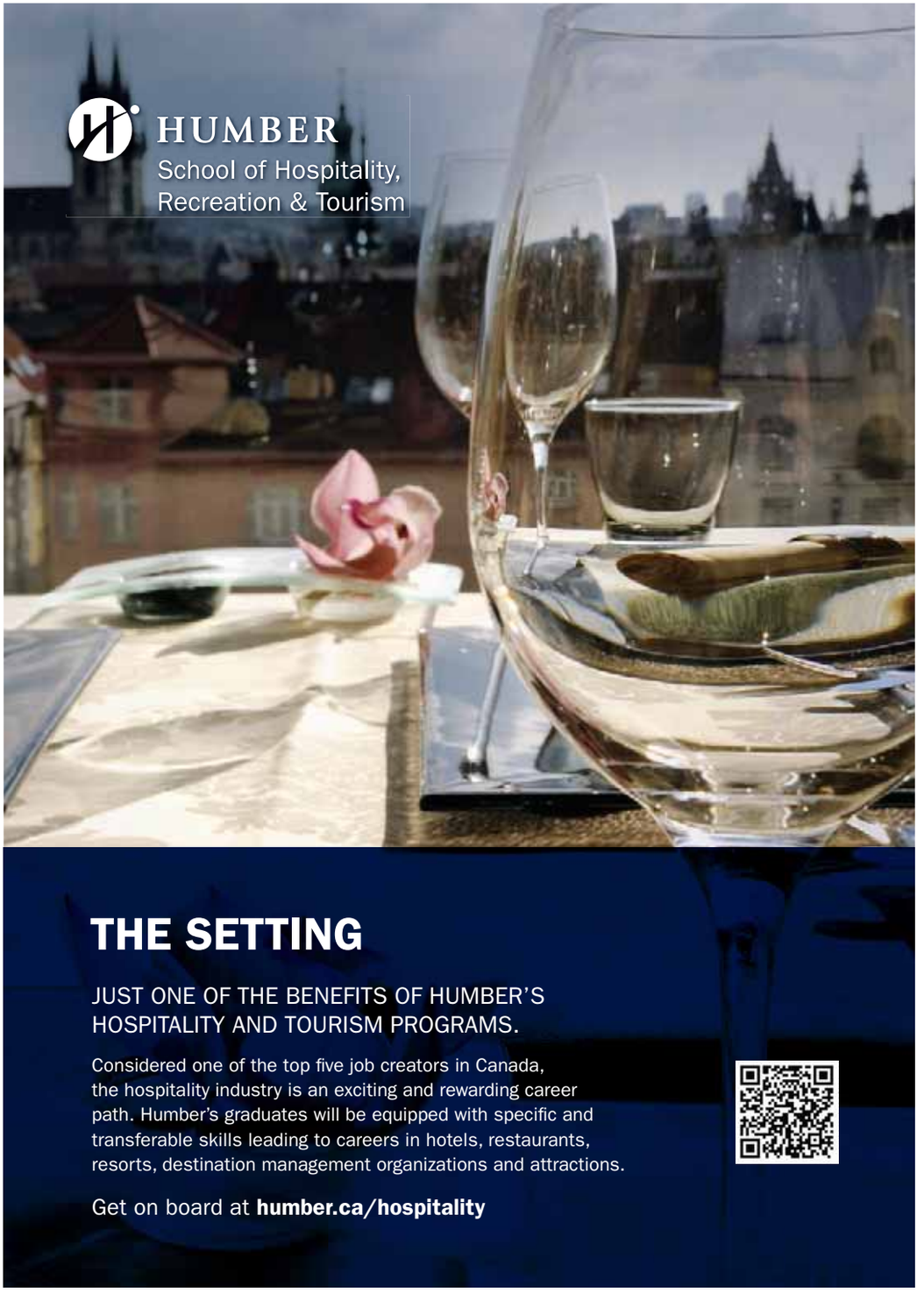
"When my son passed away from undiagnosed diabetes, as an educator, I really felt like I wanted to do something."

Author Mona Meighan
On what inspired her to write the book.

For instance, do something as simple as adding chopped apples and walnuts to tuna salad for variety. Meighan says most recipes in this book cost about one-third of what you would pay for an equivalent meal in a restaurant. She advises using similar ingredients during the same week to cut down on expenses and food waste. Purchase recyclable containers to hold your food, if needed. THE CANADIAN PRESS




Brown bagging it will save you money and can be healthier. ISTOCK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Don't let the travel or adventure scare you. Embrace it, work hard and soon you will see the rewards. ISTOCK

Break your comfort boundaries

Life is about taking risks. There's benefits aplenty and valuable experience to be gained from taking a short-term job away from home

NAOMI BROWN
TalentEgg.ca

Where would you go if you could do a co-op term anywhere? Would you apply to co-op jobs in your city or would you move across the country to give a new location a try?

Making the move from studying to a work term can be a difficult adjustment, which may be why many students don't stray far from their comfort zone when looking for their next job.

But I'm here to tell you why you should consider taking advantage of the unique opportunity you have as students to explore a new location without having to commit to it long term, and how working outside your comfort zone can pay off in big ways, both in your professional and personal life.

Regardless of the industry you're in, there are numerous professional benefits to working in different locations, including the work experience itself. The location of work inherently presents a new breed of challenges and opportunities to learn things you may not have experienced otherwise. Look at Fort McMurray, Alta., for example, where I'm currently working in HR. This city is home to some of the world's largest oil and gas companies that offer up some amazing co-op and new-grad opportunities for those willing to branch out of their comfort zone.

Gain better experience

My colleagues here joke that working at an active mine is like dog years in experience and it has proven to be true. You get world-class experience working in the field as well as the chance to see what it's like to live in a remote, northern community without having to make any major life changes. Also, the pace of work here means that, if you take every opportunity presented to learn and develop your skill set, and demonstrate that you can produce quality work in a timely fashion, you have the potential to be brought in on more complex work and gain valuable experience you can take with you. One of the other advantages to working in out-of-the-way locales is that many companies in remote locations offer great wages, relocation allowances and fantastic living accommodations for students.

Grow your network

Not only do you get paid well today, but you also invest in your future by broadening your network and making connections with experienced professionals. You never know where your career will take you. Plus, the wider your network is, the better your chances are of knowing someone you can contact for advice or a recommendation. It doesn't hurt to increase the number of people in your corner when the time comes to start looking for permanent positions.

Learn how to be flexible

There are also great personal benefits to working outside of your comfort zone. When you are able to branch out and explore different opportunities early in your career, you'll be more likely to continue to take risks throughout your working life. One vital attribute a young professional can have in the workplace is flexibility. When you're on a short-term placement you have to learn quickly and show you can work in an environment that is new on every level. Being able to fluidly take on challenges and work well demonstrates your learning agility and increases your ability to adapt to new environments quickly.

Grin and bear it

Having said that, broadening your horizons isn't all fun and excitement. Be prepared to be lonely and feel out of place for at least a couple weeks. The key to making it through this is to simply commit. Commit to being there and getting the absolute most out of every day and every experience. If you have to, remind yourself that it's short-term and try not to focus on what you don't like. After all, if Britney Spears can make it through 2007, you can make it through four months in a different city.

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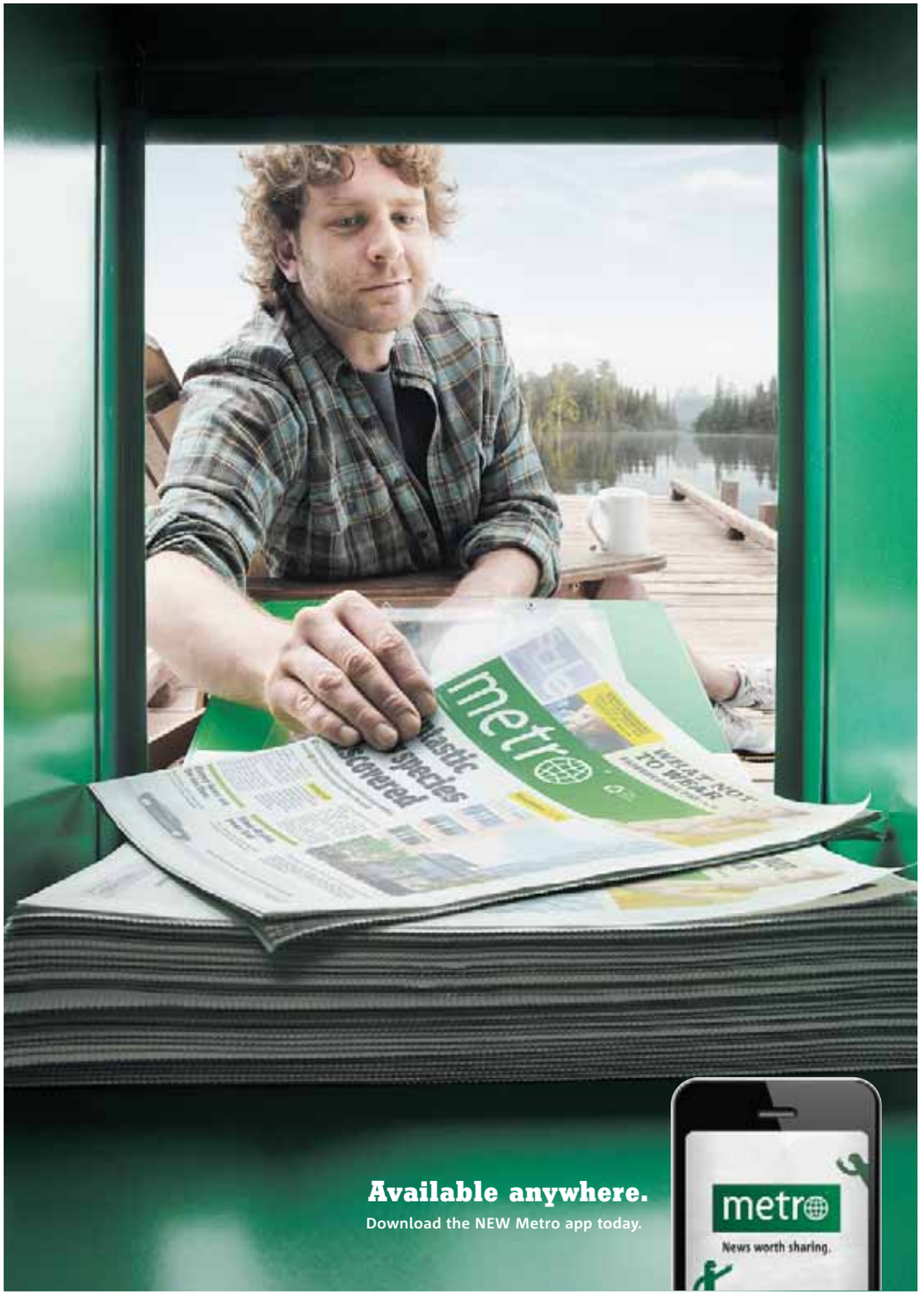
What to keep in mind

- **Ensure you have a top-notch application.** Take the application process seriously, and ensure your cover letter, resumé and online application profile are done well and will impress any potential recruiters.
- **Be enthusiastic.** As much as the recruiter will be selling the opportunity to you, make sure you show your enthusiasm about the position, as these opportunities are often in demand.



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The business of being a hero

First-person

Meet the real deal

Jonathan Paget is a primary care paramedic at Toronto EMS. Originally from Ottawa, he joined Toronto EMS in 2007 after graduating from the Algonquin College paramedic program. Prior to his career in paramedicine, Jonathan had a career in management in the hospitality industry.

Why I love my job:
I love my job because it's an extremely dynamic work environment, and I really enjoy helping people.

I like to be busy and the Toronto EMS is an extremely busy service. I like the variety too — two days are seldom the same.

When we are on a medical scene, we're calling the shots and we're able to problem solve and use our critical thinking skills. You're looking at a patient's signs and symptoms to figure out the best way to deal with the emergency.

Through your career, there will be something that's going to affect you emotionally. I was first on the scene for a large catastrophic car crash and I took that home with me for a couple of months.

It's important to have a healthy outlet. Thankfully, my wife is in emergency medicine so we debrief each other in a healthy manner. Peer support is helpful, and you can work with a staff psychologist too, if necessary.

I actually find that this job is the easiest job that I've ever done because I enjoy it so much. And, when you do something to help the public, it adds something special to the job you're doing.

Do you have what it takes? Consider this fast-paced but infinitely fulfilling field of paramedicine

YLVA VAN BUUREN
careerbear.com

If you can keep your cool in an emergency and don't faint at the sight of blood, paramedicine might be the career for you.

Paramedics are "first responders," working alongside police and firefighters to provide emergency services and pre-hospital care for patients. In the course of a shift, they may be dispatched to a car accident, a private home where someone is having a heart attack or the scene of a shooting.

Paramedics perform CPR and other basic trauma life support to stabilize patients and then rush them to hospital. They work in teams, drive their own ambulances or emergency response vehicles and provide care on-site and en-route to the hospital.

Career opportunities

- Ambulance service or EMS member
- Search and rescue team member
- Supervisory role
- Emergency planning
- Emergency medical dispatcher
- Industrial safety
- Military medic
- Air ambulance worker

Salary expectations

$70,000 to $85,000 (Toronto EMS numbers)

Career tracking

Recent grads get jobs working for an EMS department. There are different levels of paramedicine and you can take additional training to become an advanced care or critical care paramedic.

Successful paramedics are...

- Calm under pressure
- Critical thinkers
- Dedicated
- Rapid decision makers
- Empathetic
- Leaders
- Physically strong
- Good communicators
- Multi-taskers
- Able to delegate

Paramedic perk

"It is a profession where every personal encounter is a chance to make a meaningful difference in someone's life. Paramedicine is a rewarding career for those with a passion for health care and who also enjoy being constantly mobile."

Kim McKinnon
Superintendent, Toronto Emergency Medical Services

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Working paramedics have taken a community college course and obtained proper certification. ISTOCK

Employment evolution

Nursing's looking up in Canada

A new report says the number of nurses in Canada has risen by more than eight per cent in the last five years. Thursday's report by the Canadian Institute for Health Information says more than 360,000 regulated nurses were employed across the country in 2011.

Despite the growth in nursing employment overall, the number of registered nurses per 100,000 people in the population still falls below the peak reached in the early 1990s.

The report says the proportion of nurses under age 35 rose to almost 24 per cent of the nursing workforce from 21 per cent between 2007 and 2011.

CIHI says more than 56 per cent of nurses were working full-time in 2011, and more than half of younger nurses found full-time employment within the first five years of starting work.

During the same period, the number of nurse practitioners with advanced training doubled to almost 3,000 from less than 1,400.

THE CANADIAN PRESS

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SPORTS 4

Concerns as Leafs open camp

NHL. Players seem thrilled to be back in a familiar team environment

Mixed in amongst the nerves and excitement as the Toronto Maple Leafs reported for training camp was an emotion rarely seen on Day 1 of a NHL season.

"There's a lot of concern," Leafs coach Randy Carlyle said Sunday.

Concern about the lack of time to get ready for a condensed 48-game schedule. Concern about how best to evaluate which of the 31 players in camp should be in the lineup next Saturday night at the Bell Centre in Montreal. Concern about finding a way to end the NHL's longest playoff drought.

It's been a whirlwind week for the Maple Leafs organization, with general manager Brian Burke being replaced by Dave Nonis just days after the end of the lockout, and the pace is only going to pick up.

The message to players as they arrived to the team's practice facility on Sunday morning surrounded the importance of giving a hard, consistent effort right from the get-go. The Leafs hope that any shortcomings in skill can be made up with enthusiasm.

And with five games scheduled in the first eight days of the season, they plan on making an early move in the standings.

"If (the players) don't understand the importance of the first seven or eight games, then they didn't do very well in math," said Nonis. "It's going to be difficult for us to take games off."

After a lockout that stretched over 119 days, most of the players seemed thrilled to be back in a familiar team environment. Winger James van Riemsdyk, acquired in a June trade from Philadelphia, said it felt good to officially be a member of the Maple Leafs.

He spent the lockout skating in Minnesota and grew tired of all the talk that surrounded the labour dispute. "We're all happy to be playing again," he said. THE CANADIAN PRESS

Transactions

The new Leafs GM Nonis made a couple moves as camp opened, but not the one many are expecting.

- Defencemen Cody Franson and Mike Mottau were each signed to one-year contracts, although Mottau received a two-way deal and can easily be sent to the American Hockey League.
- For now, the Leafs appear prepared to go with the goaltending tandem of James Reimer and Ben Scrivens, while rumours will no doubt persist about Toronto's interest in Roberto Luongo.

Toronto Maple Leafs head coach Randy Carlyle blows the whistle as he skates during the team's training camp on Sunday in Toronto. MICHELLE SIU/THE CANADIAN PRESS

Raptors cough up 20-point lead to Bucks

Toronto Raptor Amir Johnson, right, fouls Milwaukee Buck Larry Sanders as they fight for a loose ball on Sunday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

The Toronto Raptors' bench was nowhere to be found when the team needed it most Sunday.

The Milwaukee Bucks overcame a 20-point deficit to beat the Raptors 107-96 — outscoring Toronto's undermanned bench 43-7 while two of the Raptors' leaders were being treated for injuries.

"Our bench has been great all year, I can't commend them enough on how they come in and change the game or at least maintain it for us, but today for whatever reason (Milwaukee's) bench came in and outplayed us," said Raptors coach Dwane Casey. "They clearly outplayed us, defensively, offensively, all around." The loss spoiled strong outings from Amir Johnson and Ed Davis — Johnson finishing with 22 points and 14 rebounds, and Davis scoring 20 points and grabbing 12 boards.

DeMar DeRozan added 23 points, while Jose Calderon had 21 points and eight assists for the Raptors (14-23).

Both Johnson and Calderon played most of the game injured, Calderon tweaking his right calf muscle in the first quarter, Johnson landing awkwardly on the right ankle that had already been bothering him. Both started the second half. With Calderon firing on all cylinders before the injury, the Raptors raced out to their 20-point lead in the game's first 10 minutes. But the bench fired blanks and all of a sudden the Bucks were tied with Toronto just prior to halftime. THE CANADIAN PRESS

Sunday's game

Bucks	Raptors
107	96

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Matt Bryant of the Atlanta Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

Seahawks come down to earth in Atlanta

NFL. QB Wilson rallies Seattle again only to see Falcons win on Bryant's late field goal

Playoffs

Falcons	Seahawks
30	28

Pete Carroll called the game "extraordinary" and his Seahawks' comeback "exquisite." Then, the coach called his rookie quarterback "unbelievable."

Russell Wilson did everything he could to deliver Seattle another comeback win in the playoffs.

Wilson led the Seahawks to three fourth-quarter touchdowns only to see Atlanta's Matt Bryant kick a 49-yard field goal with eight seconds remaining to give the Falcons a 30-28 NFC divisional playoff win over Seattle on Sunday.

"(Wilson) put us in position to be in another game next week, but we couldn't finish it," Carroll said.

"That's just an amazing football team we have.... It's a really good team and we're just getting started."

The unflappable Wilson is the biggest reason for Carroll's optimism about the Seahawks' future.

The Falcons led 27-7 in Atlanta at the start of the fourth before Wilson began Seattle's comeback. He had a one-yard touchdown run, passed to tight end Zach Miller for a two-yard score and then led a go-ahead drive capped by Marshawn Lynch's two-yard run with 31 seconds left.

"I love it when games are on the line," Wilson said. "I love it when games are a little bit tight. When others are nervous, that's when I love to play."

There was ample reason for nerves on each sideline in the wild final quarter.

Wilson watched but didn't panic as Atlanta's Matt Ryan completed passes to Harry Douglas and Tony Gonzalez to set up Bryant's game-winning kick.

Wilson was left with eight seconds.

"When we had the ball I knew we were going to win," Wilson said. "I knew we were going to score. Obviously it didn't work out."

Following a squib kickoff by Bryant, Wilson completed a short pass to Doug Baldwin to the Falcons 46.

That left Wilson only two seconds for one final desperation toss. The game ended with Falcons receiver Julio Jones, playing deep in the prevent defence, intercepting Wilson's pass in the end zone.

The loss ended a six-game winning streak for the Seahawks. THE ASSOCIATED PRESS

NFL. Brady sets record, leads Pats past Texans

Tom Brady on Sunday in Foxborough, Mass. GETTY IMAGES

Tom Brady became the winningest quarterback in postseason play, throwing for three touchdowns Sunday to beat Houston 41-28 and lift the New England Patriots into the AFC championship game.

Brady got his 17th victory, surpassing his childhood hero, Joe Montana, by throwing for 344 yards. Seldom-used running back Shane Vereen scored three times, twice on receptions.

If Brady can lead the Patriots past Baltimore in next Sunday's conference title game, then win the Super Bowl, he'll equal the 49ers' Hall of Famer for NFL championships.

The Patriots and Ravens will be meeting for the AFC title for the second straight year. Baltimore lost 23-20 at Gillette Stadium last January. THE ASSOCIATED PRESS

Cycling

Armstrong 'at ease' ahead of Oprah interview

Out for a Sunday morning jog, Lance Armstrong hardly looked like a man about to finally confront a doping scandal in an interview with Oprah Winfrey on Monday.

"I'm calm, I'm at ease and ready to speak candidly," Armstrong said.

He is expected to reverse course after a decade of denials and apologize for doping, as well as offer a limited confession about his role at the head of a long-running scheme to dominate the Tour de France. THE ASSOCIATED PRESS

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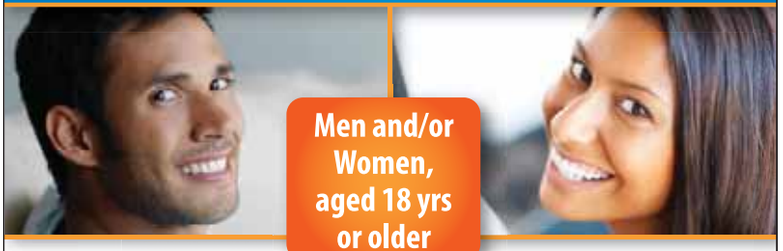

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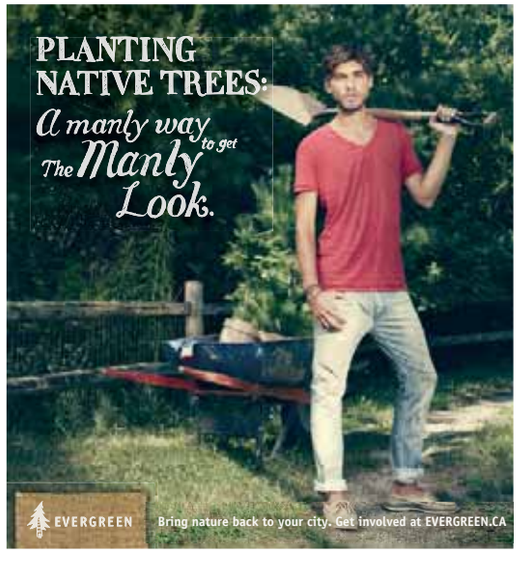
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Horoscopes

♈ Aries
March 21 - April 20
You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

♉ Taurus
April 21 - May 21
No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

♊ Gemini
May 22 - June 21
Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

♋ Cancer
June 22 - July 23
You would be wise to remember today that not everyone is as straightforward and honest as you – in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

♌ Leo
July 24 - Aug. 23
If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

♍ Virgo
Aug. 24 - Sept. 23
If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

♎ Libra
Sept. 24 - Oct. 23
Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

♏ Scorpio
Oct. 24 - Nov. 22
Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

♑ Capricorn
Dec. 22 - Jan. 20
You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

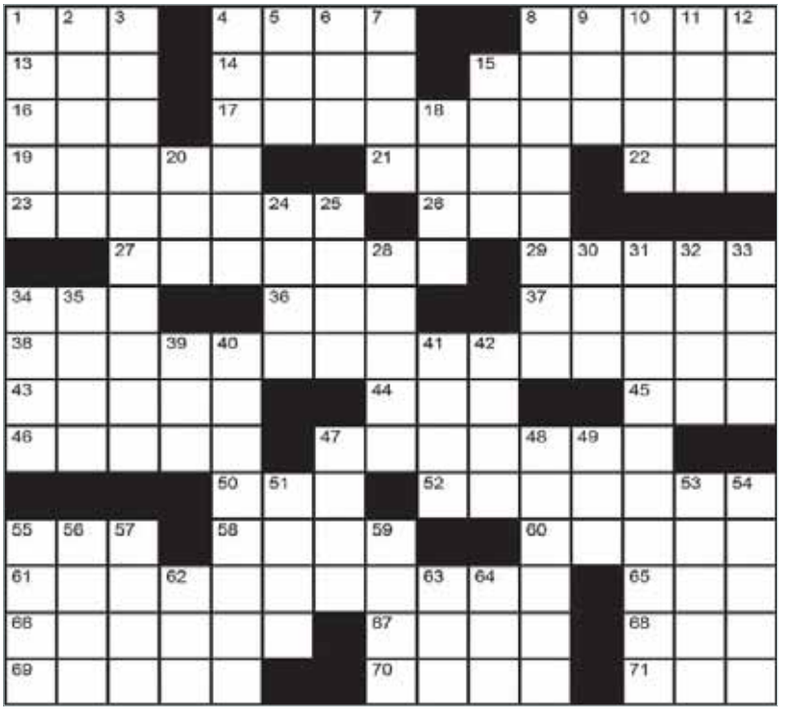
♒ Aquarius
Jan. 21 - Feb. 19
Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

♓ Pisces
Feb. 20 - March 20
Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

Crossword: Canada Across and Down

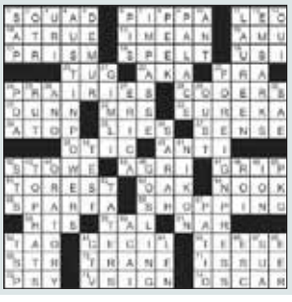
BY KELLY ANN BUCHANAN



Across
1. Electronics co.
4. Wharf
8. Garlic segment
13. Vitner's prefix
14. Seed covering
15. Swiss __
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise __" by Josh Groban: 2 wds.
22. __ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/__ __ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyageur vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "__ __ secret that..."
47. Sasha Fierce singer
50. __ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down
1. Major upsets
2. Pre-university school in Quebec
3. Rovio game sensations: 2 wds.
4. Silent movie's in-distress role
5. Hockey's Bobby
6. "El __" (1961)
7. Supermodel Heidi
8. "The legend lives on from the __ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-_-__
24. Just _ _ (Small bit)
25. Ms. McEntire
28. Radiohead singer Thom
30. PC linking system
31. The __, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers
42. Curdle
47. Tree trunk
48. Action star Chuck
49. __-Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand __ racing
57. "__ Fiction" (1994)
59. Remnants
62. Company pres.
63. __ _ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		7		1		4	9	
	1	5						
			9					2
4		1	8					
8			6		2			1
					4	2		3
3					9			
						5	6	
	7	6		2		9		8

Yesterday's Sudoku

1	6	2	3	5	7	8	4	9
9	4	7	6	8	1	3	2	5
8	3	5	4	9	2	7	1	6
6	7	4	8	1	3	9	5	2
5	1	3	9	2	4	6	7	8
2	9	8	7	6	5	4	3	1
3	8	1	2	7	6	5	9	4
4	2	6	5	3	9	1	8	7
7	5	9	1	4	8	2	6	3

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